



Jan 21, 2019

Apple Fig Compote

Serves: 4 | *Serving Size:* 1 cup
Total Time: 50 min | *Prep:* 5 min |
Cook: 45 min



Ingredients:

2 apples, cored and sliced thin
1 cup blueberries or cranberries
1 cup sliced fresh figs
Juice of one orange and one lemon
1 tsp apple pie spice
2 tablespoons toasted pecan halves

Directions:

Place the fruit in a large pie or tart pan. Bake for 45 minutes at 375 degrees. Cool for a few moments and then stir lightly. Place on dessert plates and top with toasted pecans.

Serves 4. Each 1 cup serving: 212 calories, 3g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 3mg sodium, 50g carbohydrate, 9g fiber, 34g sugars, 2g protein.

Allergens: Tree Nut

* Reported allergens are based on listed ingredients in the recipe. If you are purchasing commercially packaged products such as pie crusts, cereal, or pasta, you need to read the label for additional allergen information.

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